

Spaghetti and Meat Sauce - USDA Recipe D350

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

D35

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	4 lb 4 oz	2 qt	8 lb 8 oz	1 gal	<div><div>1.</div><div>Brown ground beef uncovered over medium high heat in a large stock pot. Stir often.</div><div>2.</div><div>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</div><div>3.</div><div>Drain meat. Return to stock pot.</div></div>
*Fresh onions, chopped	2 1/2 oz	1/2 cup	5 oz	1 cup	
*Fresh green bell peppers, diced	2 1/2 oz	1/2 cup	5 oz	1 cup	
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	<div><div>5.</div><div>Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.</div></div>
Ground black pepper		3/4 tsp		1 1/2 tsp	<div><div>6.</div><div>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</div></div>
Canned no-salt-added tomato	2 lb 8 oz	1 qt 2 cups (about	5 lb	3 qt (about 1 No. 10	<div><div>7.</div><div>Set aside beef mixture for step 10.</div></div>

Salt		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium beef broth		2 cups		1 qt	
Water		1 qt		2 qt	
Dried parsley		2 Tbsp		1/4 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried oregano		1 Tbsp		2 Tbsp	
Dried marjoram		1 1/2 tsp		1 Tbsp	
Dried thyme		3/4 tsp		1 1/2 tsp	
*Fresh carrots, shredded	10 oz	3 cups	1 lb 4 oz	1 qt 2 cups	
Water		3 gal		6 gal	8. Heat water to a rolling boil.
Whole-wheat spaghetti noodles, dry, broken into thirds	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	9. Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. 10. Combine pasta and beef mixture in stock pot. Stir well. 11. Transfer to a steam table pan (12" x 20" x 4")

12. Critical Control Point: Hold for hot service at 140 °F or higher.

13. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	5 oz	10 oz
Green bell peppers	5 oz	10 oz
Carrots	12 oz	1 lb 8 oz

Serving	Yield	Volume
See Notes	25 Servings: about 11 lb 50 Servings: about 22 lb	25 Servings: about 1 gallon 3 quarts / 1 steam table pan (12" x 20" x 4") 50 Servings: about 3 gallons 2 quarts / 2 steam table pans (12" x 20" x 4")

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Nutrients Per Serving					
Calories	270	Saturated Fat	3 g	Iron	4 mg
Protein	21 g	Cholesterol	52 mg	Calcium	45 mg
Carbohydrate	26 g	Vitamin A	2038 IU	Sodium	296 mg
Total Fat	9 g	Vitamin C	8 mg	Dietary Fiber	5 g